



# Cran-Apple Muffins

Makes 12 muffins

1 cup flour  
½ cup whole wheat flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon cinnamon  
¼ teaspoon salt  
2 large eggs  
¾ cup packed brown sugar  
¼ cup vegetable oil  
1 teaspoon vanilla  
¾ cup diced, unpeeled tart apple  
¾ cup fresh cranberries  
½ cup chopped walnuts

Heat oven to 350 degrees F.

Grease a muffin tin.

Mix first 6 ingredients together in a large bowl.

Break eggs into a separate bowl.

Add brown sugar and stir until smooth. Whisk in oil & vanilla. Add the fruit and nuts.

Fold wet ingredients into dry ingredients until just moistened.

Fill muffin cups.

Bake for 20-25 minutes until no longer wet in the middle.

Serve warm.